



The Newsletter That Serves its Readers

PASCO Picayune

VOLUME 23, ISSUE 3

WINTER, 2019/2020

Mobile Dentistry Services

In collaboration with [Visiting Ancillary Services](#), we want to ensure your dental hygiene is accessible. No need to transfer from your wheelchair or make another trip.

Everything is done ON-SITE at the [Chanda Center for Health](#) [Schedule Exam](#)

Please schedule initial exam with front desk officer to review treatment needs and payment coverage
frontdesk@chandacenter.org
(800)766-4255 Ext 1



INSIDE THIS ISSUE:

Electronic Visit Verification (EVV) 2

Census 3

PEAK Parent: Conference on Inclusive Education 3

Resources 4

Resources 5

STRIDE Community Health Center 6

Resources 7

The winter solstice brought with it the shortest day, but also the knowledge that light will be increasing going forward. With the additional clarity (and it being December, 2019), we consider the decade that was... the Twenty-Tens.

While the people were celebrating the innovation of the iPad (2010) and sorrowfully watching the last broadcast of "The Oprah Winfrey Show" (2011), PASCO too said goodbye to a fixture; Barry Rosenberg (PASCO Founder), retired from day to day operations (2012) and a new leader came into the fold... Ryan Zeiger.

With a steep learning curve, Ryan soon came to understand the inherent complexities in running a company similar to PASCO, and doubled down on the commitment to PASCO's core values; Advocacy, Teamwork, Accountability, Learning and Ethics. So as the population readied themselves for the supposed end of the world (according to the Mayan calendar in December, 2012) and Harlem shook (2013) all over the place, PASCO began cultivating new inward and outward facing systems and procedures (i.e. Community Outreach, Electronic Medical Records and a HIPAA Compliance Team).

Logos changed, websites were revamped, culminating in February 2015, when PASCO moved from its office of nearly 19 years near Sloan's Lake to our current location off of 6th and Garrison. 2015 was also significant as it saw PASCO become a Program Approved Service Agency (PASA) allowing the

A Look Back

company to assist more families on various Medicaid waivers. Furthermore, with a group of likeminded agencies, PASCO was able to see In-Home Support-Services (IHSS) expand; spouses allowed to provide services, IHSS services allowed outside the home in the community, through legislative maneuvering's (2016). That year also witnessed the Children's Personal Care Benefit launch. The first time that personal care

has been offered to all kiddos on Medicaid for whom personal care is deemed medically necessary.

Through the summer of 2017, when Medicaid programs were under threat, PASCO and community partners ramped up advocacy efforts to ward off potential cuts, only able to relax by staring (with approved eye protection) at the solar eclipse.

The last few years have also witnessed the hiring of individuals, who have greatly enhanced the organization as a whole. Adam Steinbrunner came initially in 2015, in the Chief of Operations role. His title changed in 2018, replacing Mr. Zeiger, as PASCO's CEO, with Ryan becoming Operating Chairman. Denise Hodgert has been a consistent face as PASCO's Home Health Administrator, and had no time for Pokémon GO, as an appointed member of the Colorado Department of Public Health and Environment (CDPHE) Home Care Advisory Committee (HCAC). Erika Swanson, came into a role, Client Services Manager, and

has transformed the position into one, which greatly helps and enhances the lives of PASCO clients and families alike. 2019 saw the hiring of longtime policy maker and advocate Jennifer Martinez, to head up our IHSS and I/DD programs respectfully.

The last ten years have had their share of success stories, and disappointments. Loved ones and friends were lost, while new friends were made, and a whole new generation was born. The inevitability of change leads us into the 2020's, and the unknown. Rest assured that PASCO will be there; thoughtfully, passionately and pragmatically doing the right thing.



Reference in this Newsletter to any specific product, service, or company does not constitute a recommendation by Personal Assistance Services of Colorado (although we do our best to support community friendly organizations)

Electronic Visit Verification (EVV)

There have recently been some changes to the state and federal laws that govern home health visit documentation and Electronic Visit Verification (EVV). We here at the PASCO office would like to update you on these changes, as well as let you know about our plan for visit documentation in 2020.

Colorado had initially announced that home health agencies would need to electronically collect certain pieces of information for all home health visits by January 1st, 2020. However, Colorado recently announced two key changes:

- Caregivers who live with their clients will no longer be required to comply with these new rules
The new deadline for everyone else is now Summer 2020
- What does this mean for you?
- If you live with your client, PASCO will not require you to comply with EVV
- If you *do not* live with your client, PASCO will be required to start collecting certain information about your visits and submitting this information to the state by next summer

At the moment, nothing is changing. **Please continue to document your visits in the same manner you do now.** Next summer, our plan is to roll out two separate smartphone apps. The first app will be just for caregivers who live with their clients. This app will work much like PASS, so you will be able to continue to document your visits after the fact, and your location will not be collected. The second app will be different, and will be just for caregivers who do not live with their clients. This app will require you to check in and out at the beginning and end of every visit, and it will collect your location at the beginning and end of every visit. For both groups of caregivers, we're also exploring solutions like telephony and web portals for people who prefer not to use a smartphone.

We know that caregiving can be challenging. Our goal is to help support the care you provide to your clients without adding any unnecessary burdens. However, PASCO has an obligation to Medicaid to comply with these rules. We will be developing both apps over the next few months, and would love to hear your feedback about how each app could work. If you have any questions or suggestions, please feel free to email your Employee Services Coordinator at robvn.kaplan@pascohh.com or call the office and ask for Robyn. We have also attached a list of frequently asked questions.

Thanks for going through all these changes with us.

You're in the Driver's Seat with United Access

Wheelchair accessible vehicles are an important part of independence for people who use wheelchairs. Buying a wheelchair van, as you likely know, is more complicated than buying a non-adapted vehicle. Every person has unique needs and, therefore, needs different things in their wheelchair vans. That's why, at United Access, we make sure that our mobility specialists are fully trained on all of the mobility equipment that we sell.

When you're ready to buy, or even if you just have questions, your team will

work with you to help you find the right vehicle to fit your specific mobility needs and within your budget. Additionally, we can help you find **rebate programs** and funding options to help you pay for your accessible van. Want to explore more financing options, look at our **financing page** and our list of **resources for veterans**. Our **list of potential fundraisers** might spark an idea, and you can learn how to raise money via GoFundMe with our **guide to setting up a crowdfunding campaign** that really works.

No matter your needs, the mobility specialists at United Access will help you

Frequently Asked Questions

Where did EVV come from?

In 2016, Congress passed the 21st Century Cures act, which mandated that all State Medicaid programs have to start electronically collecting certain information about Personal Care and Home Health visits.

What data is collected for EVV?

These six points of data are collected: who is providing the service, who is receiving the service, what type of service is being done, where the visit is started and stopped, and the date and time of the start and end of the visit.

Where does this data go?

These six points of data are submitted to the Colorado EVV data aggregator and compared to the billing claims submitted to Medicaid by the agency. Without EVV data, the agency will be unable to bill for the visit.

I live with my client. Do I need to worry about EVV?

Not at PASCO. We are committed to developing systems that allow you to document your visits *without* the requirement for real-time documentation or the collection of location data.

I don't live with my client. Do I need to prepare for EVV?

Yes. PASCO will train you on the new mobile app once it's released in the summer of 2020.

How does Colorado know which caregivers live with their clients?

Colorado is still determining how it will define the term "live-in caregiver." They are also still determining how to verify that caregivers and clients have the same residence. We will keep you updated on these new processes.

I have questions or feedback. Who can I talk with?

Please feel free to email robvn.kaplan@pascohh.com or call the office and ask for Robyn.

find the right accessible vehicle to meet your specific needs.

Can't come into the dealership yourself? **We'll come to you.** Your mobility specialist will speak with you one-on-one to find a vehicle that we recommend for you and then bring it to your home. There, we'll show you the ins and outs of the accessible vehicle you chose and answer all of your questions, no matter how small!

The wheelchair van buying process can seem intimidating, we know. Not to worry, when you're ready, **contact one of our local mobility specialists today** to learn more about buying a wheelchair accessible van from United Access. We'll explain the entire van-buying process and show you why United Access is the best choice when you need to find the right wheelchair-accessible vehicle for you.

www.unitedaccess.com

12-WEEK PROGRAM!

HEALTHY BODIES & RELATIONSHIPS

Sexuality education for adults with intellectual and developmental disabilities (18+)

ADVOCACYDENVER

providing active voice and supporting civil rights for people with disabilities



EVERY FRIDAY
01/10/2020-03/27/2020
10AM-11:30AM

Contact Kaley at kday@advocacydenver.org for location and to register. Referral and consent forms required for registration.

Make a Difference. Be Counted.

The Census is coming
March 2020.

DenverGov.org/Census2020

What is the Census?

The Census is a Constitutionally-mandated head count of every single person living in the US done once every 10 years.

What questions does the Census ask?

Around 9 short questions that cover things like your age, sex, and number of people in your household.

Why is the Census important for Denver?

It helps bring \$1.4 billion in federal funding for your Denver community each year.

How else does the Census help Denver?

Federal, state, and local leaders make decisions about schools, hospitals, emergency services, roads, bridges, job training centers and many other projects that affect your community.

Residents use the Census to support community initiatives involving legislation, quality-of-life and consumer advocacy

Businesses use Census data to decide where to build factories, offices, and stores—which in turn creates jobs.

Real estate developers use the Census to build new homes and revitalize older neighborhoods.

Is my individual Census information shared?

No, Census information is only used to count individuals. Data is shared in statistical format, and your private information is held confidential.

How does the Census influence the U.S. House of Representatives Districts?

The Census count also affects the seats in the U.S. House of Representatives based on population. Often times new districts are created or old districts are redrawn. Based on 2020 Census data, it is likely that Colorado could gain an additional House seat, creating Colorado House District 8. This would also give us another electoral vote in the 2024 presidential election.

How do you complete the Census?

It takes just 10 minutes online, on the phone, or by mail.



Kaye Kavanagh | Census Coordinator
Human Rights & Community Partnerships
City and County of Denver
(720) 915-8429 | kaye.kavanagh@denvergov.org



DISCOVER
THE POSSIBILITIES

2020 PEAK Parent Center
Conference on
INCLUSIVE EDUCATION
FEBRUARY 20-21, 2020

Plan Now To Attend the 34th Annual Conference on Inclusive Education

February 20-21, 2020 • Denver, Colorado
Renaissance Denver Stapleton Hotel

- Explore practical strategies and resources
- Connect to the latest evidence based research
- Stay current on emerging issues

It's the ultimate experience for everyone interested in Inclusive Education!

Keynote Presenters

- Michael McSheehan
- Jonathan Mooney
- Patrick Schwarz
- The Lee Family



Presented by

This conference will sell out, REGISTER TODAY!



What is the PEAK Conference on Inclusive Education?

Inclusive education is a process of school reform that creates equity in education and increases achievement for ALL students. In inclusive schools students, families, general and special educators, administrators, support staff, and community members work together to make curriculum accessible to all learners and to differentiate instruction. This conference brings these groups together to learn, collaborate, and focus on strategies that work. The ultimate goal is participation by all students, regardless of ability, to lead rich lives of belonging in their communities.

Who attends the PEAK Conference on Inclusive Education?

- EVERY PERSON involved in the education and inclusion of diverse learners.
- Family members
- Self-Advocates
- School Administrators
- General Education Teachers
- Special Education Teachers
- College Students

What to expect in 2020

- **Immersion** into inclusive education, educational tools, and practical applications for making inclusive education work.
- Cutting edge **keynote presentations**.
- Engaging **breakout sessions** by expert presenters to dive deeper into strategies for inclusion.
- **Networking** with others committed to making schools work for all children and building communities where everybody belongs.

Keynote Presenters:



PATRICK SCHWARZ Northbrook, IL
Patrick Schwarz has presented, consulted and coached in school districts all across the world impacting a significant number of schools with his progressive work in the area of education for all students. Patrick's mission is to promote education and human services that advance the status of people of all ages with diverse support needs enabling individuals to be successfully engaged, find meaning, and be respected members of their learning, working and living communities.



JONATHAN MOONEY Santa Monica, CA
Jonathan Mooney is an award winning writer, entrepreneur, and activist who did not learn to read until he was twelve years old. His work has been widely recognized for its innovation and social impact. Jonathan is the author of the newly released "Normal Sucks: How to Live, Learn, and Thrive Outside the Lines" and "The Short Bus: A Journey Beyond Normal." His books are considered foundational texts in the disability rights movement, the inclusive education movement, and the learning revolution, and are used in undergraduate and graduate programs across the country.



MICHAEL MCSHEEHAN Rochester, NH
Michael McSheehan's interest in school improvement began through his work on education for learners with significant disability labels, and has evolved through his collaboration with other leaders. For nearly 20 years, Michael was at the Center on Inclusive Education at the Institute on Disability, the last seven as a partner with the SWIFT Education Center, a national center advancing equity-based multi-tiered system of supports. He is currently assisting education agencies to evolve with focus and utilize teaching and learning practices that result in a positive effect for students.



THE LEE FAMILY King of Prussia, PA
Meet 6th grader Alex Lee who has, since preschool, been 100% included in general education. He is an accomplished student making Distinguished Honor Roll every period at his middle school, has sung opera in Italian on various stages, and has spoken at the UN headquarters in NYC. Alex is having an awesome time trying to teach the world about the importance of full inclusion in middle school. His sister, 14-year-old Isabelle Lee, has been advocating for inclusion for all students since she was 4 years old. In the past 3 years, Isabelle has used her natural gift for public speaking to retell Alex's entertaining stories inspiring audiences from all over the country to laugh and to cry at the profound message they share.

Plus MANY More! Keep up to date about additional presenters and sessions on our website:

- 2020 Presenters: bit.ly/PEAKPresenters
- 2020 Sessions: bit.ly/PEAKSessions



Do you enjoy sharing your story with others? Want to feel more socially connected to someone who understands you?

The friendly visits can range from a few minutes to an hour depending on your needs and schedule.

A friendly visit is available at no cost to you.

It's a great way to talk with someone willing to visit you wherever you call home.

Give us a call.

Our trained volunteers look forward to meeting you.



The Center on Colfax
1301 Colfax Avenue
Denver, CO 80218

SAGE of the Rockies strives to build a healthy community and connect LGBTQ adults 50+ to services and programs designed for social engagement.

Call Kerry Duran
Coordinator of Elder Services
(303) 951-5228

New Lakewood Stroke Support Services

Lutheran Neurosciences Center at Denver West 1687 Cole Boulevard, Suite 150 | Lakewood, CO 80401

9:30-10:30am – Chair Yoga for both survivors and caregivers (free) Get moving in a safe and relaxing way!

10:30-12:00pm – Stroke Survivor and Caregiver Support Groups (free) Meet others who understand and receive strategies and support!

1:00-2:00pm – Aphasia Group Therapy (\$25/class)

Practice communication strategies with a speech therapist and others who have difficulty with language!

2:00-3:00pm – Neurological Music Therapy (\$25/class)

Enhance movement, verbal expression, and processing with a neurological music therapist!

Individual sessions for skill-building or counseling are available by appointment.

For more information and to sign up call: **303-730-8800** or email: **Carly Lancaster, LSW**

carly@strokecolorado.org

Brought to you by **Rocky Mountain Stroke Center** and

Lutheran Medical Center

ABUSE-FREE CULTURE FOR ALL

Once you complete a short intake online or on the phone, you will be connected with an advocate who can help you with free and confidential services.

All Types of Abuse:
Domestic Violence, Family Violence, Sexual Assault, Human Trafficking, Stalking, Financial, Caregiver, and Elder Abuse.

All Disabilities:
Physical, Mental Health, Sensory, Cognitive, Health Related and Developmental

All Languages and Citizenship:
Bilingual/Bicultural Spanish Advocacy and access to confidential interpreters

All of Colorado:
Rural Advocacy

All Genders and Sexualities:
LGBTQ+ Advocacy

Safety

Self Sufficiency

Legal System Navigation

Healing and Recovery

Domestic Violence Information, Victim's Rights Act, Victim Compensation Assistance, Safety Planning, Relocation to Safety, Resource Navigation, Address Confidentiality Program, Court Accompaniment, and more!

Get In Touch
Monday - Friday
8:30 - 4:30
Text: (720) 503-9580
Call: (303) 839-5510
Email: info@TheInitiativeCo.org
www.TheInitiativeColorado.org
@TheInitiative
@TheInitiativeColorado

Advocacy for People Experiencing Abuse
Specializing in survivors with disabilities

Phamaly Theatre Company Presents "Honk!"

Phamaly presents "Honk!", a musical adaptation of the classic children's tale, "The Ugly Duckling". "Honk!" will be a collaboration between Japan's Nippon Foundation and Phamaly Theatre Company. Actors from Japan will come to Colorado to perform alongside Phamaly actors throughout the show's run at the Aurora Fox Arts Center, January 11th through January 26th, 2020. The entire cast and crew will then travel to Japan to perform the musical at Tokyo's Toshima-ku Theatre February 15th and 16th, 2020.

Directed by Stacey D'Angelo
January 11-26, 2020, Aurora Fox ArtsCenter

Visit www.phamaly.org for tickets and more information



Tired of reinventing the wheel? I hear you!

Not knowing what to do next or when. Feeling frustrated and isolated. Challenging IEP meetings, and all those acronyms – what do they mean???

I've been in the disability community since my daughter was born 20 years ago. I felt so angry at all the hoops we had to jump through and the lack of consistent information. I would hear from my friends who were going through – and doing – all the same things! It's why I finally resigned from teaching to start my own business.

With grace consulting works with families who have a child or adult with a disability

to actively navigate resources. No one wants to reinvent the wheel – and no one should have to! It's exhausting.

Personal guidance for your family can include IEP language at the appropriate ages, steps for ease of transition between grades, transition or college options, employment opportunities, waivers, accessing agencies and more. Each family is unique so the plan for your child will also be unique to what's happening now, and how you plan for the future.

Contact me on my site, [with grace consulting](http://withgraceconsulting.com) to set up a consultation. Together we can

create a plan that takes some of the hoops out of the process! I look forward to getting to know and working with your family.

Lisa Arnold

(303)946-8761

www.withgraceconsulting.com

laagea@gmail.com

Personal guidance for special needs families.

A New Year's Resolution for You! (With help from the Colorado Cross-Disability Coalition)

Here it is, just weeks away from the end of 2019, and if you are anything like me, you are scratching your head wondering where all the time went and what happened to the things you wanted to do? Many of us in the "giving" business often forget that we deserve a little TLC too. We don't take the time for ourselves, or think we are worth it, or feel it is okay to want to be selfish by putting ourselves first. But as one of my students said, "You can't pour from an empty cup." When all we do is give and never take time to "get" your cup ends up not just empty but with a hole in it.

The Colorado Cross-Disability Coalition (CCDC) has a way for you to do something just for you - twice a year, we offer our Basic Disability Advocacy Training

Class, and the Spring session begins on February 4th. Come and spend one day per week with us - interacting with fellow students, learning something new, and sharing your life experiences with like-minded people. For ten weeks, you will study the basics of being an advocate.

Learn about disability benefit systems, grassroots organizing, the Americans with Disabilities Act, Legislative Lobbying, and begin to decode the alphabet soup of the disability community. (Do you know what these stand for - SSI, SSDI, CDASS, HCPF, DMFHC, PASCO, LTSS, HCBS? You will by the end of class.)

The course is available in-person on the DU Campus or online through a learning platform. Whichever way is best for you, the information you learn will help you as you advocate

for yourself, your child or, family member, if you need the information for work, or even if you simply want to learn more about disability-related topics.

More information about the class and how to [register](#) can be found on the [CCDC Website](#) at or by contacting Angela Nevin at anevin@ccdconline.org or 303-744-6503.

As the new year overtakes us, try something new - do something for you that has an infinite payoff. Join the Colorado Cross-Disability Coalition and enroll in the Basic Advocacy Training Class. You will thank yourself.

Angela Nevin, Director of Training, Colorado Cross-Disability Coalition

"You can't pour from an empty cup." When all we do is give and never take time to "get" your cup ends up not just empty but with a hole in it.

Period Kits

At Period Kits (a new non-profit that was founded in February of 2019), we believe that no one should have to choose between food & tampons. We provide a kit that includes a 90-day supply of period products to people experiencing homelessness, unstable housing, and extreme poverty. Period Kits envisions a world where anyone who has a period has dependable, consistent access to the products they need when they need them.

The non-profit also partners with local businesses, churches and community organizations to raise awareness around this need by holding collection drives and fundraising events. Since March of 2019 this amazing organization has built and distributed over 1200 kits which have sustained over 3600 periods.

If you would like more information or like to get involved, please check out our website www.periodkits.org. Check us

out on Facebook and Instagram @periodkitsdenver, or just email us at info@periodkits.org.

PERIOD KITS.

Upcoming Information Sessions: ACC Elevate

In January and February, ACC Elevate will offer information sessions. The sessions will include tours of ACC's Littleton campus, information about Elevate and the application process, and testimonials from current Elevate students.

- Monday, January 6th with sessions at 10am, 2pm, and 5:30pm
- Wednesday, February 12th at 5:30pm

Note: Elevate is a support program serving students with intellectual and developmental disabilities at Arapahoe Community College. For more information, contact Jennifer Woegens, Elevate at ACC Coordinator: jennifer.woegens@arapahoe.edu or 303-797-5806.

HELP STOP HOUSING DISCRIMINATION!

Become a Fair Housing Tester

Tester training consists of attending a training in our office and an initial test for field practice. We can arrange reasonable accommodations if needed. We offer a **stipend** upon completion of the initial test, and for subsequent assignments.

What is Fair Housing?

The Federal Fair Housing Act protects the right of all people to rent, buy, finance, or insure housing free from discrimination based on race, color, national origin, sex, religion, disability or familial status. Additionally, Colorado law prohibits discrimination based on sexual orientation, ancestry, creed, and marital status.

What is testing?

Fair housing testing provides an objective means to determine whether prospective renters or buyers are treated differently because of their protected class status in violation of fair housing laws. In a basic test, two individuals similarly situated in most respects other than the protected class variable being tested, are sent to the same rental or sales office. Each tester then provides a detailed written report about the experience to DMFHC staff.

Who can be a tester?

Individuals of every race, ability, religion, etc. are needed in order to conduct investigations. Testers must be reliable and objective, and must be willing to commit 2-3 hours for each test.

How do I apply?

Testers do need to be over 18, not work within real estate or mortgage lending, are not licensed attorneys, and do not have any felonies. I have attached our application and a general flyer. If you would like to be considered for the upcoming training please complete and send the attached application to:

Janeth Juarez, Fair Housing Specialist
jj Suarez@dmfhc.org *se habla español



3280 N Downing Street, Suite B

Denver, CO 80205

720-279-4291



**WELCOME**

ALL Cultures
ALL Religions
ALL Genders
ALL LGBTQ+
ALL Colors
ALL Ages
ALL People

STRIDE Community Health Center's mission is to partner with the community to provide excellent, culturally-sensitive health services to meet the needs of each individual. STRIDE's vision is individuals are empowered to live the lives they want through personalized, compassionate healthcare.

Lil' Friends LLC was formed by two friends (Shelly Cox and Ange Shores) who felt a need in their community was not being met by any other organization. Here is their story:

Shelly (an OTR with years of experience in pediatrics) and Ange (a CNA and mom of a child with challenges) saw and experienced a need for additional supports for families and decided to find a way to fill the need.

Parents of kids with developmental disabilities **WORK HARD** 24/7 and need a **BREAK!** They need programs that will benefit their amazing kids! They **NEED** a place where kids can have **FUN**, hang out, and meet therapy goals **ALL** while being safely cared for by people that are specially trained in their individual needs.

Ange and Shelly believe this much needed break and therapy will help rejuvenate the whole family for their challenges and good times ahead!

**1700 West 10th Avenue
 Broomfield, CO 80020**
shelly@lilfriends.org
ange@lilfriends.org
 (303)358-9341



Aaron's Story--STRIDE

At just 29 years old, Aaron was diagnosed with cancer. Although he beat his sickness, an unforeseen side effect of his chemotherapy would further alter his life. His thyroid began overproducing fat, and as it continued to overwork, Aaron began gaining weight. Eventually, he started having trouble accessing transportation services and entering buildings. When he became home-bound, his partner, Bella, reached out to Colorado Access, hoping to get him medical attention he urgently needed.

Colorado Access connected

Bella and

Aaron to

STRIDE Community Health Center. Previously,

they had to take an ambulance to

and from his medical appointments. To get through hallways, Aaron often had to use a gurney, which sometimes didn't fit through doorways in older buildings. These issues didn't deter Aaron's team at STRIDE though – they were determined to get him the care he deserved.

"We kept getting turned down from the ambulance companies to go to my appointments. I had given up. I didn't think anything would happen. We got no's and no's and no's... but still, you pushed," Aaron remembered. "STRIDE stood up and faced the rain until we saw the rainbow. As someone who is literally home-bound and stuck, I was elated."

Aaron admitted that he was anxious he would not be able

to get the appointment fulfilled. But Aaron also has a fighter spirit, and the fact that STRIDE could meet him in his home, somewhere where he felt comfortable, was like a load off his shoulders.

"There are a lot of people stuck like I was," he shared. "But as soon as I saw my care team, I felt at ease. I felt taken care of. They had fought so hard for me, and I got a doctor. Somebody came into my house, after a bad experience, and I'll tell you: it's pulled me out of a dark place. I've gotten a new lease on life." His appointment went smoothly

helped connect Aaron to Telepsych, an online behavioral health provider. And, because of the success of Aaron's appointment, Kevin has his second home visit scheduled with another patient later this year. This collaborative effort demonstrates the very essence of community health. Health providers each care for the community in unique ways. Compassionate and personalized healthcare is only magnified when we come together to serve collectively.

STRIDE (formerly known as Metro Community Provider Network or MCPN) addresses the need for affordable and accessible medical, behavioral health, and dental care among low-

income, uninsured, and underserved populations residing outside the City and County of Denver. STRIDE's current service area encompasses Adams, Arapahoe, Douglas, Jefferson, and Park counties and the Cities of Aurora, Arvada, Englewood, Lakewood, Parker, and Wheat Ridge.

From a single clinic in 1989, STRIDE has grown into a large, integrated health care delivery system with 18 health center locations providing primary medical care, dental care, behavioral health, and wrap around services, including two School Based Health Centers (SBHCs) and a mobile dental van.

<https://stridechc.org/>

and without issue. There was rapport that was built quickly, which will help in continuing to get the care that Aaron was very grateful to receive.

"I grew up in foster care, I grew up in a lot of places where people say they care. But they're there for the paycheck. STRIDE has gone above and beyond," Aaron said. "Through the process of losing your voice, losing your legs, losing your faculties, you feel – a lot of times you don't even feel like a person. 99% of the time I feel like a burden, and that day I felt normal. It felt good. It's been a long time since I felt like that – like that I belonged. I felt community."

Since then, Kevin, Aaron's Care Coordinator at STRIDE, has



STRIDE

COMMUNITY HEALTH CENTER

formerly known as MCPN



Kids First Health Care

Quality Health Care for Kids
 Physicals, vaccines, sick visits & more

Atención Médica de Calidad para Niños
 Vacunas, físicos, visitas de enfermedad y mas

303-289-1086 ★ KidsFirstHealthCare.org
 4675 E. 69th Ave, Commerce City, CO 80022

Kids First Health Care offers high-quality, accessible, and friendly pediatric health care. Kids First is accepting new patients at our community pediatric clinics at 4675 E. 69th Avenue in Commerce City and 8030 Irving Street in Westminster. Kids First also offers one-on-one assistance with Medicaid and CHP+ applications and renewals. For more information, please visit kidsfirst-healthcare.org or call 303-289-1086.

Adult Motor Therapy and Life Skills Group

The Colorado Foundation for Conductive Education is running an adult therapy group on Tuesdays, 12-3pm. Participants have the opportunity to get out of their wheelchair for 3 hours each week and learn life skills (such as eating and dressing), stretch, strengthen their bodies, and enjoy social time with similarly abled peers. The session is run using the principles of Conductive Education (a therapeutic approach specialized for

those with motor disorders) in a fun (sometimes competitive!) group environment. Ideal for adults looking to increase their independence and those who have finished high school and are looking for a more active adult group with similar benefits to an intensive PT or OT program.

assistants, Mondays through Fridays in Arvada. Contact us for more information:

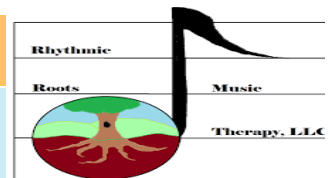
www.conductiveed.com

admin@conductiveed.com

(507)301-76171



CFCE is also hiring part-time class



Bonnie is a board-certified music therapist (MT-BC) providing music therapy and adapted music lesson services to individuals with disabilities in the Greater Denver, CO area through her business, Rhythmic Roots Music Therapy, LLC. Bonnie studied percussion as her primary instrument for four years at the University of Georgia with piano, voice, and guitar as secondary instruments. She also plays and teaches the ukulele and is passionate about providing musical opportunities to all. Bonnie provides in-home individual sessions from Boulder down to Littleton, staying on the west side of town, and she is looking for more group opportunities to create in the community as well. Contact her at bonnie@rhythmicrootsmusictherapy.org to book a free 30 minute consultation or go to rhythmicrootsmusictherapy.org for more information.

Empower Health Partners: Providing You with Occupational Therapy Anywhere

Winter is a beautifully majestic time of the year, yet as pretty the snow and ice may be, it can present us with many obstacles. Being wary of your surroundings when outside is crucial to preventing injuries. Empower Health Partners can create a fall prevention program specifically to YOU and your loved ones to reduce the risk of falls this winter!

When temperatures drop, so does our immune system. You are more likely to catch a cold or virus when your immune system is weak so it is important to maintain a healthy lifestyle. As a practicing occupational therapist for the last seven years, Natalie's passion has always

been to provide exceptional client-centered care, maximize functional independence, and enhance each client's quality of life to help maintain a healthy lifestyle!

We know how nice it is to relax at home when it's cold outside, but it is important to exercise regularly during the winter. Empower Health Partners is a mobile occupational therapy service that serves all of Douglas County and South Denver Areas, so you don't have to go anywhere to get the exercise you need!

But what if I want to head out to the store, but I am unsure about driving in the winter? Natalie applies her exten-

sive clinical experiences to help drivers understand and gain confidence in their driving ability after medical illness, a major medical event, health conditions, and injury.

Natalie will educate and keep open communication on driving advisement and retirement, when appropriate.

Call today to schedule an appointment: **720-372-7034**

or find us on our website:

www.empowerhealthpartners.com

Self-Advocates chart the course in 2020!

The Arc Arapahoe & Douglas Counties' ADventures in Leadership is headed in a new direction. Next year, we'll take a break from scheduled events every month. Instead, we will have four themed events and two meetings to allow for group discussion. Our intent is to work with self-advocates to redesign the ADventures in Leadership group so that participants can develop their own inclusive program. The group will focus on creating changes in the intellectual and developmental disabilities (I/DD) community based on what they deem important. The goal is to foster participants' leadership skills and personal growth.

If you are interested in being a part of this endeavor, please contact Luke Wheeland, at Luke@arc-ad.org or (303)220-9228

Sweat Love Soul Clothing

Two years ago I created @sweat.love.soul on Instagram with hopes of inspiring people both near and far. Yes movement is my medicine but I also wanted to empower people to love with all their hearts and to follow their soul's purpose.

My little girl, Liv, had a seizure when she was 18 months old and left me for what felt like an eternity. With an angel watching over us that day, she woke up with a beautiful smile on her face. It was, by far, the hardest moment in my life but also sparked a turning point that was a necessary one. My journey has been a tough one. But I knew I was chosen for this journey in order to inspire others around me to believe in themselves...to believe that they can get through anything, that they are love, and they must never be afraid to Live.

It is my little Liv that woke me up and

forced me to begin to truly LIVE. After months of soul searching, my children and I knew we wanted to do something that could inspire, empower, and shed a bright light on those who needed it most...so, we created a clothing line that reflects power, strength, kindness, and love. They have designed their very own unique pieces and I have done the same. I am so proud of what my children have come up with. They are simple yet beyond powerful messages that not only our children should remember, but also each and every one of us. While developing this line, both my children and myself wanted to make a deeper impact. Children's Hospital Colorado has changed and helped me in so many ways... words cannot express. If it wasn't for this

hospital, I am not sure where I would be or how my heart would have healed. A portion of all sales will be going directly to this beautiful hospital, and with every hundred items sold we will be creating gift bags with my children's shirts to be given to the children at the hospital. From the words of my daughter, "Mommy, I want these children to know that they are strong and loved no matter what they're going through." Let our clothing be the warrior cape we all need from time to time. Sometimes a simply reminder is all we really need to feel powerful.

Follow our journey and visit us below:

Kelly Gulbrandsen
Co - Owner of B. Pilates Boutique
Founder of Sweat Love Soul clothing
www.bpilatesboutique.com
www.facebook.com/bpilatesboutique
www.facebook.com/sweatlovesoul



PERSONAL ASSISTANCE SERVICES OF COLORADO

9197 West 6th Avenue
Suite 1000
Lakewood, Colorado 80215

Phone: (303)233-3122
Fax: (303)233-1478
Email: info@pascoh.com

PASCO (Personal Assistance Services of Colorado) is certified under Medicare, Medicaid, and the Medicaid Home and Community Based Services (HCBS) program to provide personal assistance services to children and adults with severe disabilities. PASCO was incorporated in 1991 and began providing services to persons with disabilities on January 1, 1992. PASCO's mission is to provide personal assistance services, promoting independence and safety to clients and/or their families. PASCO continuously strives for client and employee satisfaction. The foundation of PASCO is CHOICE. To the maximum extent possible, PASCO works to accommodate the needs and wants of each client. PASCO provides services in the following counties: Adams, Arapahoe, Boulder, Broomfield, Clear Creek, Denver, Douglas, Elbert, El Paso, Gilpin, Jefferson, Larimer, Morgan, Park & Weld.

CAREGIVING ACROSS THE CONTINUUM

Nearly 40 million caregivers in the US provide care to adults with a disability or illness. An adoptive caregiver, a long-distance caregiver, a biological caregiver, an elder caregiver, and a daughter all share their perspectives on caregiving.



www.thinkchange.training/caregiving-across-continuum/



18th Annual Caregiver Contest

What are your tips for finding life balance as a caregiver?



Celebrating Caregiving



GRAND PRIZE (3 winners)

- ⇒ \$250 Visa gift card
- ⇒ Engraved wall plaque



RUNNERS-UP (5 winners)

- ⇒ \$100 Visa gift card
- ⇒ Award Certificate



TO ENTER:

Tell us in 150 words or more your best tips for finding life balance as a caregiver, and submit it online at: shieldhealthcare.com/caring

Whether you are a professional caregiver or caring for a loved one at home, finding time to recharge your batteries is essential.

What are some of the ways you find life balance as a caregiver?

- What are some of the ways you practice self-care?
- How do you balance caregiving with other life needs, such as time with your friends, children or significant other?
- In what ways do you share the responsibilities of caregiving with other family members or healthcare professionals?

These are just some suggestions - tell us in 150 words or more your best tips for finding life balance as a caregiver.

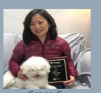
Grand Prize Winners



Linda S.



Kathy M.



Grace C.

Contest details: Please submit a 150-word or more, typed entry. You must include your name, mailing address, and phone number. One entry per person. Contest begins Nov. 5, 2019 and ends Jan. 31, 2020. Entries must be submitted online with confirmed receipt by Jan. 31, 2020. At least one independent party will judge the entries. Shield HealthCare (Shield) employees are ineligible. Shield may publish and use submitted content for publication at no cost. Shield will notify contest winners by Feb. 14, 2020. Other restrictions apply.



PASCO believes that it is important to give back to our community and help those in need. Over the years, we have been a Proud Supporter and Official Community Partner of the [Home Builders Foundation](http://www.hbdfoundation.org). Established in 1993, the Home Builders Foundation is a Denver-based nonprofit whose mission is to build independence, provide opportunities and elevate lives for individuals and families with disabilities in our community. One of the many types of projects they complete for our community is ramps to access one's home. If you need a ramp, or have a client, colleague or family member who is in need of a ramp, please fill out the HBF's [application for assistance](http://www.hbdfoundation.org/application-for-assistance). **Note:** Projects need to meet the requisite qualifications and will be reviewed on a first-come, first-served basis of the completed application.

For more information on the Home Builders Foundation and the important work they're doing in our community, visit www.hbdfoundation.org.